

*Division of Services to the
Deaf and Hard of Hearing*

DSDHH

Monthly Newsletter



June 2012 18th Year
Robert G Sanderson Community Center
of the Deaf and Hard of Hearing

5709 South 1500 West Taylorsville, UT 84123-5217



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PERFORMANCE
WITH OC & ASL



*Marilyn Call
Division Director*

Better Speech and Hearing month is celebrated nationally each May. It is still important for the Division of Services to the Deaf and Hard of Hearing (DSDHH) to spread awareness. (I am writing this April 30th, but you won't be reading this until June – sorry!) If you regularly read this newsletter you are probably Deaf or have a severe hearing loss.

Since there are an estimated 276,388 Utahns with a degree of hearing loss serious enough to affect their communication, someone in your network of family and friends probably has a hearing loss and doesn't know where to get help. Together we can spread awareness.

Even a minor hearing loss can impact the quality of life, impair speech and language development, education, employment and can lead to social isolation and depression. Going to an audiologist and getting treatment is essential to maintaining hearing health.

Recent studies show that hearing loss is becoming more common among younger people due to chronic exposure to loud noise. People within the age group of 29-69 are experiencing more hearing loss from headphones or earphones

Director's Message:

Spring Better Speech and Hearing Awareness

placed directly in the ears to use with media players and cell phones.

Hearing loss may occur slowly over time and may be difficult to notice. But the sooner it is detected and treated the better.

If you have a smart phone and you and your family are in a noisy environment, you can measure how loud the noise is with apps. Two good ones are dbvolume meter and tooloud. If you are at a concert or a Jazz game, these apps can warn you to wear earplugs or you risk damaging your hearing. If your teens listen to a lot of music, warn them to keep the volume down, avoid in-the-ear (earbuds) earphones and limit hours of listening with headphones to one or two hours per day.

If you or a family member are

having trouble understanding speech, and have to ask others to repeat themselves, turn the television up so loud that others are annoyed – it's time to get your hearing checked.

At the Sanderson Center we have a large assistive technology demonstration room. We have a large array of devices to help people communicate better when they have a hearing loss. This may be a good place to start. If an amplified phone or assistive listening device helps, it is definitely time to visit an audiologist.

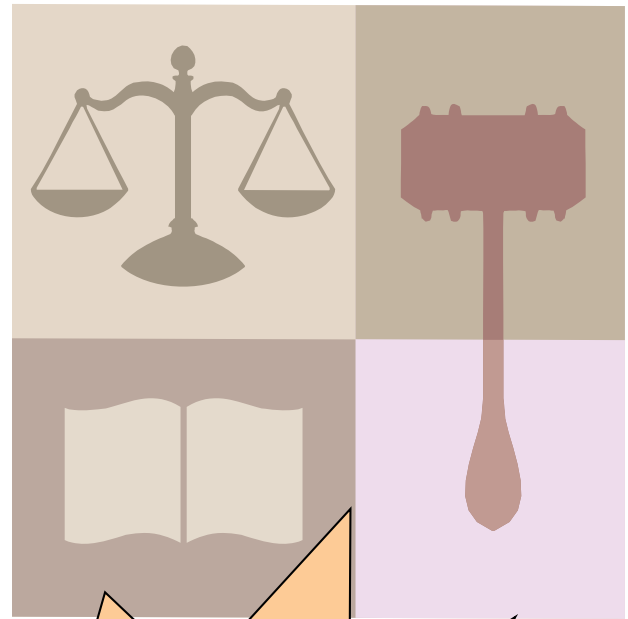
Refer friends and family with hearing loss to one of our two Hard of Hearing Specialists:

Northern Utah - Robin Traveller rtraveller@utah.gov

Southern Utah, Peggy Thomson pgarrison@utah.gov



Free Legal Advice



Talk private with lawyers from the Utah Legal Services if you have concerns about:

- Employment discrimination
- Social Security issues
- Food stamps
- Medicaid/Medicare
- Landlord/Tenant Issues
- Discrimination
- Divorce
- Custody
- And other issues

**Interpreters will be provided.
Tele-conferencing is available throughout the state!**

When: June 13, 2012 (Every 2nd Wednesday of each month)

Where: Sanderson Community Center of the Deaf and Hard of Hearing, 5709 South 1500 West, Taylorsville, UT 84123

Time: 3:00 PM – 5:00 PM

Appointment is required, please contact Annette Stewart at 801-657-5226 (vp), 801.263.4892 (v) or email at legalclinic@utah.gov.
Any ADA accommodations need to be requested when making an appointment.

Counseling? Who Needs It?

By the SCCDHH Individualized Services team

Living in the world today can be very stressful. Many people are experiencing an increase of stress, anxiety and depression. They may even need help to cope with their feelings. There is help! More and more people are seeking counseling. Below are some tips about understanding what counseling is and how to find a professional to help you.

What is counseling?

Counseling is a chance to talk confidentially with a professional who can help you learn skills and new ways of looking at situations. This can help you be more capable of solving problems on your own. Some people benefit from one or two appointments of problem-solving, while some concerns may require more counseling appointments. Although counselors may differ somewhat in their approaches, there are certain similarities that characterize counseling. In the beginning stage of counseling, your counselor will ask about your concerns and background to gain a deeper understanding of you. As counseling proceeds, trust between you and your counselor builds and a working partnership is developed. Together you and your counselor will explore your feelings, make goals, and learn skills to help you resolve your concerns.

“Sometimes I talk to a friend or relative about my problems, isn’t that the same thing as counseling?”

No: Friends and family have a very important role in supporting you but they may not have the appropriate skills. Also, they can be emotionally involved and as a result may not always give you the best advice. Professional counselors or social workers are trained to listen a special way that allows you to make your own changes, decisions or judgments.



How do I know if a counselor is a qualified professional?

Counselors are required to have a Master’s degree or higher education; two years of providing clinical therapy under supervision and in Utah must be professionally licensed by the State. Make sure your counselor is licensed (ask to see their license)! You can check a license on-line at www.dopl.utah.gov. Licensed Professional Counselors (LPC) and Licensed Clinical Social Workers (LCSW) are trained to work with any population regardless of gender, age, religious beliefs, spiritual beliefs, sexual orientation, income levels, etc. A professional counselor will be respectful, neutral, yet caring and focus on your needs. There are some counselors that have added expertise in certain areas such as marriage and family counseling, child therapy, substance abuse treatment, domestic violence, sexual assault and so on. Take the time to find the right counselor for you.

Can a counselor or social worker prescribe medication for me?

No, only medical doctors can do this. If you and your counselor feel medication is needed (for depression, anxiety, etc.), your counselor can refer you to a psychiatrist or coordinate with your medical doctor to find the right medication for you.

Where can I find a professional counselor or social worker?

- For Deaf and hard of hearing people in Utah, there is a list of counselors who use

American Sign Language and understand the needs of the Deaf and hard of hearing. Go to the Sanderson Community Center for the Deaf and Hard of Hearing website for an updated list:
www.deafservices.utah.gov or call 801-263-4860.

- If you have Medicaid, contact the mental health provider listed on your Medicaid card.

- Medicare is accepted by some providers.

- If you have private insurance, look on the back of your card to get the number to call for a referral.

- If you are a college student, check your campus Student Services Department.

- You can also contact the National Alliance on Mental Illness (NAMI). In Utah the web site is: www.namiut.org.

- Case managers and Vocational Rehabilitation counselors can also help you find appropriate mental health services.

- Talk to your religious or spiritual leader for professional resources.

- Hospitals have social workers and counselors that can help you find resources in

your community as well.

Does the R.G. Sanderson Community Center offer counseling services?

Yes, the R.G. Sanderson Community Center offers free counseling services to those who do not have health insurance. We provide brief-resolution focused counseling for 8 sessions per year.

NOTE: Counselors who do not use ASL are required to provide interpreters or other accommodations if you make the request.

There is help! You are not alone.

Waving Hands for Kathy!

Our dear friend and advocate, Kathy Evans, received an award from Hamilton Relay in honor of May's Better Hearing Month. Kathy has many times worked solo, with UAD, in conjunction with DSDHH, and many others to improve the lives of all Deaf and Hard of Hearing citizens living in Utah.

Russ Patterson, on behalf of Hamilton Relay, presented the award to Kathy and had this to say when presenting the award:

"Katharine Evans has been selected for Hamilton Relay 2012 Better Hearing and Speech Month Recognition Award for the State of Utah. [She] is a dedicated advocate for individuals with hearing loss. Through her leadership skills and constant encouragement, she has enhanced the lives of many individuals. Kathy has been described by her peers as a team player who carries out her visions in improving accessibility and services for individuals with hearing loss throughout the State of Utah."

Congratulations Kathy!

-from all of us here at DSDHH.



Living with Hearing Loss



**Join us for a 7-week educational class
about how you can live better with
hearing loss in your family!**

Every Thursday
June 7 through July 19, 2012
6 – 8 PM

Location

Sanderson Community Center of the
Deaf and Hard of Hearing
5709 South 1500 West
Taylorsville

Reservations

Call 801-263-4860 or
Email DSDHHregistration@utah.gov

If accommodations are needed, request
them at the time of registration.



Topics covered:

- ❧ Signs and Symptoms of Hearing Loss
- ❧ Myths about Hearing Loss
- ❧ Causes of Communication Breakdowns
- ❧ Handling & Preventing Misunderstandings
- ❧ Responses to Communication Breakdowns
- ❧ Grieving over Hearing Loss
- ❧ Ear, Sound, and Audiogram

Free!

Spouses and friends are encouraged to attend!

Assistive Listening Devices will be used.



SUDHHP

Southern Utah Deaf and Hard of Hearing Program (an extension program of DSDHH in Southern Utah)

No ASL classes in June.

Scheduled Activities

7th: "29 Tips for a Healthy Heart" Part 1
6:00 to 7:30pm at SUDHHP

8th: Ice Cream Social at Iceberg Drive inn at 6:00 to 8:00 pm

13th : DEADLINE FOR TUACAHN'S "HAIRSPRAY" tickets. *Must reserve and pay for tickets through our SUDHHP office only.*
See flyer for more details

15th: Annual Dutch Oven Dinner and Campfire Ghost Stories.
Starts at 5:30
See flyer for details.

15th: FYI: Camping is available for those that want to stay Friday night and play on Saturday.

21st: Sego Lily Workshop

22nd: Brad's Hut Social in Cedar City. 6:00 to 8:00 pm
546 North Main St in Cedar City

28th: Tuacahn "Hairspray"
In seats by 8:30pm



SOUTHERN UTAH DEAF AND HARD OF HEARING PROGRAMS
1067 E. TABERNACLE, SUITE 10 ST GEORGE, UT 84770
(435) 673-8974 VOICE (435) 216-9305 VP
SUDHHPINFO@UTAH.GOV


June 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
For Statewide activities, checkout www.uad.org For more information on state services www.deafservices.utah.gov Checkout our Facebook page: "Southern Utah Deaf and Hard of Hearing Programs"					1	2
3	4	5	6	7 "29 Tips for a Healthy Heart" by Joyanne Burdett	8 Ice Cream Social	9
10	11	12	13 Deadline for "Hairspray" tickets	14	15 Dutch Oven Dinner and Ghost Stories (Camping avail). <i>See flyer</i>	16
17 Father's Day	18	19	20	21 Sego Lily Workshop	22 "Brad's Hut" Social Cedar City	23
24	25	26	27	28 Tuacahn show "Hairspray"	29	30

Remember to always RSVP to reserve your spot at any of the activities. If we receive less than 5 RSVPs, we will cancel the event. Let us know if you need any ADA accommodations when you RSVP. Thank you.

MONTHLY AREA ACTIVITIES PROVIDED BY THE COMMUNITY

Ice Cream Social

 2nd Friday of each Month
6:00 to 8:00pm
Iceberg Drive Inn
222 East St George Blvd

Everyone is Welcome!
Deaf, Hard of Hearing, interpreters,
students, and friends.
No purchase necessary for fun!



ASL Social in Cedar City



Every 4th Friday



Brad's Food Hut
546 North Main St
Cedar City, Utah
6:00 to 8:00 pm



*Come Socialize and practice your
ASL. Friends, Food and Fun!*

EXPRESSIVE PHOTOGRAPHY ADVANCE ASL



2nd Thursday of each month
@ 6 PM

SOUTHERN UTAH DEAF AND HARD OF
HEARING PROGRAM CENTER
1067 E. TABERNACLE # 10 ST. GEORGE, UTAH
PRESENTED BY MELISSA JULIEN
CONTACT INFO.

MELISSAJULIEN5@GMAIL.COM

IF YOU ARE INTERESTED PLEASE EMAIL ME

WANT TO PLAY GOLF?

Color Country Golf Association for the Deaf

- ♦ Has one of the most vibrant colors in the whole state of Utah.
- ♦ The sprawling hills are painted with red, orange, white, and black.
- ♦ The green fairway, well maintained, procures an excellent place to define GOLF!
- ♦ Richer experience within the fun of golf lies with you!!

**COME AND LEARN HOW!
MEET NEW GOLFERS TOO!**

President: Travis Kayhart

Email: fish4trav@gmail.com Text: 801-390-8960

Secretary/Treasurer: Danny Radford

Acting Statistician: Travis Kayhart

For more information: Contact Travis

Dutch Oven Dinner & Ghost Stories!



Southern Utah Deaf and Hard of Hearing Programs

Invite family and friends to our Annual Picnic

Friday Evening June 15th, 2012

Location: **Honeycomb Campground near Enterprise Reservoir**

Dutch Oven Dinner from 5:30 to 7:30pm



- Being provided by SUDHHP and cooked up by Alice & Steve Baugh.
- Demonstrations of Dutch Oven at 5:30pm.
- Dinner served promptly at 6:00pm

Campfire Ghost Stories at Dusk (approx. 8pm)

- So bring your scariest "Ghost" story!



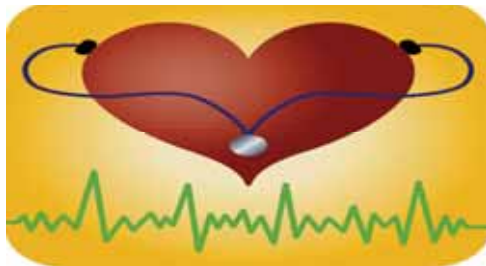
Please RSVP your dinner reservations by June 10th. Contact information: SUDHHPinfo@utah.gov or call (435)216-9305 VP or (435)673-8974 Voice.

Rental Van will be available. MUST Reserve a spot on the van by June 10 as seating is limited. Van leaves SUDHHP Center at 4:30pm & returns to SUDHHP at approximately 11:00pm.



If anyone needs any ADA accommodations, please inform us at time of RSVP. Presentations will be done in ASL and voice interpreted.

NOTE: Those planning on Camping and doing other activities, please be aware that Campsites are "first come first served". Cost is about \$11.00 per site (without the "Access" card).



"29 Tips for a Healthy Heart" Part 1

Presented in ASL by Joyanne Burdett

When :

Thursday, June 7th

Time:

6:00 pm to 7:30pm

Where:

Southern Utah Deaf and Hard of Hearing Center
1067 E. Tabernacle, Suite 10
St George, Utah 84770

Seating limited! Reserve your seat before the deadline.

Deadline to RSVP:

June 5th

Contact information:

SUDHHPinfo@utah.gov
(435) 216-9305 VP
(435) 673-8974 Voice



Tip 1: How to Recognize Signs of Impaired Circulation

Tip 2: Time your Medications

Tip 3: What is BMI?

Come check out what the other tips are!

Part 2 will be on September 6th.

Healthy Snacks will be provided.



Presentation will be in ASL. If you need other ADA accommodations, please let us know at time of RSVP.





TUACAHN

**Interpreted in ASL
& Open Captioned**

Thursday June 28th, 2012

\$12.00 per person (Normal Price 39.50 to 49.50 Savings of over \$27.50!)

8:30 pm in your seats. Show starts promptly at 8:45 pm

Deadline for reserving and paying for tickets June 13th

Purchase tickets from the Southern Utah Deaf and Hard of Hearing Programs office in St George, Utah.

Cash or Check, sorry no Credit Cards.



To reserve tickets - Contact : SUDHHPinfo@utah.gov or by Video Phone (435) 216-9305 or call (435) 673-8974 voice. **DO NOT contact Tuacahn**

for tickets. They will NOT be able to help you. After June 13th deadline, tickets go back to the box office.

When reserving your tickets, please state :

1: Number of tickets needed **2: Deaf** needing ASL interpretation **3: Hard of Hearing** needing Captioning or other ADA accommodations **4: Interpreter**
5: ASL Student, or 6: Family of Deaf and Hard of Hearing community.

This is **NOT** a first come first served seating arrangement. **Seating arrangements will be based on accommodation needs.** If you have a preference, please let us know. Thanks

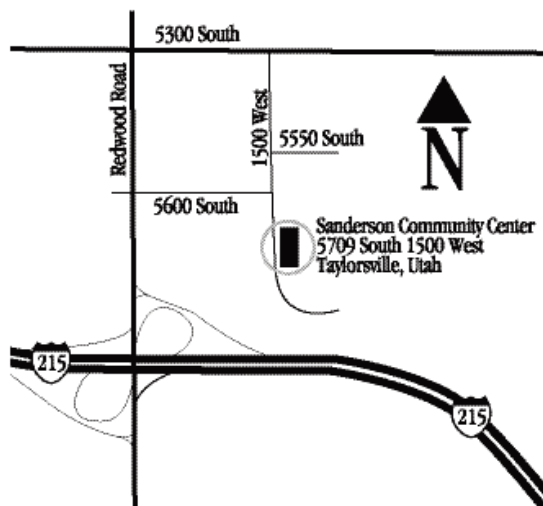
NOTE: Restrictions as per Tuacahn Organization. **Children under three are not permitted in the Tuacahn Amphitheatre**

Administration	email address	telephone #
Marilyn Call, Division Director	mcall@utah.gov	801-657-5219 vp, 801-263-4889 v
Edie McCormick, Executive Secretary	emccormick@utah.gov	801-313-6815 v, 801-657-5209 vp
Building Operations		
Jorie Hill, Facility Coordination	jrhill@utah.gov	801-263-4886 v, 801-657-5210 vp
April Trocki, Secretary	atrocki@utah.gov	801-657-5200 vp
Adam Shewell, Building & Grounds Supervisor	ashewell@utah.gov	801-657-5224 vp
Julio Enriquez, Building & Grounds Assist.	jenriquez@utah.gov	801-657-5208 vp
Deaf and Hard of Hearing Programs		
Eli McCowan, Program Manager	emccowan@utah.gov	801-657-5216 vp
Laurie Bishop, Programs Assistant	lauriebishop@utah.gov	801-657-5203 vp
Robin Traveller, Hard of Hearing Specialist	rtraveller@utah.gov	801-263-4879 v, 801-657-5752 vp
Case Management		
Annette Stewart, Counselor	ajstewart@utah.gov	801-263-4892 v, 801-657-5226 vp
Joene Nicolaisen, Counselor	jfnicolaisen@utah.gov	801-313-6814 tty, 801-657-5218 vp
Kimberly Thornsberry, Case Manager	kthornsberry@utah.gov	801-263-4883 tty, 801-657-5227 vp
Outreach and Technology Program		
Mitch Moyers, Program Manager	mmoyers@utah.gov	801-263-4887 v, 801-657-5217 vp
Eduard Santiago, Electronics Specialist	esantiago@utah.gov	801-263-4867 tty, 801-657-5222 vp
Utah Interpreter Program		
Mitch Jensen, Program Manager	mfjensen@utah.gov	801-263-4875 v, 801-657-5214 vp
Stephanie Crosland, Program Assistant	scrosland@utah.gov	801-263-4877 v/tty
Cindy Kummer, Certification Assistant	ckummer@utah.gov	801-263-4874 v/tty
Jennifer Storrer, Interpreter Trainer	jstorrer@utah.gov	801-263-4873 v/tty, 801-657-5213 vp
Trenton Marsh, Interpreter Mentor	tmarsh@utah.gov	801-657-5215 vp
Paul DeGraw, Interpreter Mentor	pdegrow@utah.gov	801-313-6809 v
Clay Anderson, Interpreter Mentor	clayanderson@utah.gov	801-263-4870 v, 801-657-5212 vp
Suzanne Warner, Interpreter Mentor	suzannewarner@utah.gov	801-313-6808 v
Dawn Duran, Interpreter Mentor	dawnduran@utah.gov	801-263-4890 v
Utah Independent Living Center staff housed at Sanderson Center		
Carole Peck, Peer Support Enhancement	carolpeck@utah.gov	801-657-5220 vp
Vocational Rehabilitation staff housed at Sanderson Center		
Kelly Boehmer, Voc. Rehab Counselor	kboehmer@utah.gov	801-503-9605 vp 801-957-8200v (appts)
Ruthann Howard, Voc. Rehab Sec (off-site)	rmhoward@utah.gov	801-957-8218 v/tty
Southern Utah		
Grant Pemberton, So. Utah Program Director	gpemberton@utah.gov	435-673-8974 v, 435-216-9306 vp
Meredith Winn, Office Manager	meredithwinn@utah.gov	866-216-9305 vp
Peggy Thomson, Hard of Hearing Specialist	pgarrison@utah.gov	435-628-5368 v
Karen Butler, Program Assistant	kbutler@utah.gov	435--673-8974 v, 866-939-3196 vp

Robert G Sanderson Community Center of the Deaf and Hard of Hearing

5709 South 1500 West
Salt Lake City, Utah 84123-5217

RETURN SERVICE REQUESTED



Map To DSDHH

For information regarding deadlines and submission of
flyers, please contact Edie McCormick
at 801-263-4860 v/vp/tty.

Did You Know?

You can also view this newsletter and
other current information online at:
WWW.DEAFSERVICES.UTAH.GOV

Mission Statement

*To provide opportunities and programs to individuals who are deaf or hard of hearing which
enhance or maintain the skills necessary to fully participate in their employment, family and community.*